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• The No Huddle Wristband System	

The Power Spread Offense

Old School power football with the new school spread beauty.

A system designed to spread the field and Run or Pass based upon your personnel.

The origins of this offense come from the split back misdirection offense that we ran while I was a player under coaching great, Dale Mueller at Highlands High School. When I was hired at Dayton High School in 2004, I tried to install the system and found that the rules and blocking schemes were very difficult for my kids to learn and began studying the wing-t and double wing blocking schemes. After spending numerous hours studying and trial and error, I turned our blocking system into an acronym based system and this simplified our rules greatly.

After year one at Dayton, I was also looking for an edge to give our guys the best chance to be successful. We had a returning QB that was a great runner. This was during the beginning of the shotgun boom and we installed the shotgun in order to give our team an opportunity to outnumber teams at the point of attack. It was during this time, that I was also developing our passing game and fell in love with the ease and progression reading system of the Air Raid offense. I did not feel we could run the Air Raid offense exclusively, but we adopted many of the concepts to create a comprehensive menu of offense that we could run and adapt each year, based upon the talents of our players. This was the beginning of the offense that we continue to run today with good success. The offense can be run from under center and I recommend doing it from under center in the youth leagues.

Finally, it would be a total fail to not mention the impact the Georgetown College coaching staff have had on my coaching style and way of doing things. Bill Cronin and Dave Campbell, as well as the rest of the staff have been instrumental in my development as a coach and the processes behind why we do the things we do!

Acronyms to know while reading

LOS = Line of Scrimmage

EMLOS = End Man On Line Of Scrimmage

LM = Lineman

MDM = Most Dangerous Man

Why the power spread read?

The power read was developed during the boom of the zone read offenses. After trying to implement zone principals and studying the zone running attack, I noticed that most zone teams were running mostly zone exclusively. The zone is an expensive football play. What I mean by that is it takes a ton of repetitions to perfect and therefore it cost a lot of practice time to perfect. We also have issues with our lineman being foggy on who to block. We found that our kids were much better with a gap and man blocking scheme. The beauty of it is we still get the “read” part of the “read” zone, without running the zone. We have truly found this power read scheme to be a game changer for us, especially on plays when we pull a guard such as power, counter, trap, etc.

Things to Think About While Reading

This book is a basic introduction to the Power Spread Offensive system and focuses mainly on two backs. The system is designed to be run using your best personnel. If you have a bunch of good receivers, you can go 4 wide receivers and 1 back. We utilize the single back run game almost exclusively and have run the QB some years and other years not as much. The reason the book focuses on two backs is because that is probably the best way to teach the system in the first year and then add receivers once the system is mastered.

This is the base, but not the whole system. Many of the single back run game plays and diagrams are excluded as well as some other passes that we run. This was done by design as to not give too much offense. In my opinion, you should almost be able to practice your whole offense in one day. The focus on the book was to give the basics, which on its own is plenty of offense.

Keeping It Simple

The power spread offense is designed to be very simple to run and install. The whole system can be installed within 3 – 5 days and then you get reps, reps, reps. Keeping the rules simple for players allows them to play fast because they know the rules and just need to apply them.

This is an offensive line centered attack. This means we looked at the offensive line and developed the power read so they don't have to know a lot of different schemes. The rules also serve as a confidence booster for the kids, because they know they can block any front they may see. All in all, our line needs to know five schemes:

Gap Schemes

1. Power/Counter – These are almost identical blocking schemes. The only difference is who kicks out and who leads through.
2. Trap and Iso– These are a gap scheme with the same blocking rule system as power/counter.

Man Schemes

3. Slam/Dive/Belly – These are all man blocking schemes. Guys go get there number.

Reach Schemes

4. Toss/Sweep/Jet/Hot passes = same reach or pin and pull blocking scheme.
5. Sprint Out Pass

Mixture of Gap and Reach

6. Slam Pass/Boot Pass/Waggle Pass

BOB Slide Protection Scheme

7. Quick Pass = same blocking scheme
8. Drop back pass

Screen Scheme

9. Slip and WR screen = same blocking scheme

As coaches, the days of teaching the kids how to block this front or that front on a weekly basis are gone. This is good because you can focus on what you do and the fundamentals, rather than worrying about what the defense is doing.

Quick and Easy Installation

The installation of this system is very quick and easy. We have all been to the first day of practice when kids don't know their rules or blocking assignments so trying to run plays can look like a cluster. With the power read, we utilize a wristband system, but not just any wristband system. Our wrist card not only tells the kids the play, but also it tells them their rule or assignment.

Here is an example of what a Left Tackle card could look like:

0 trp- SFTCF
1 trp- FBI
2 Belly- SFTCF
3 Belly- on out bkr
4 ctr- pull + lead
5 ctr- GDB
6 slam- SFTCF
7 slam- GOBkr
8 Jet- rch zone R - bkr
9 Jet- rch zone L - bkr

With utilizing our wristband system, we spend ALL of individual time teaching individual techniques and fundamentals like how to gap block how to reach block, how to pull, etc. Once they know these fundamentals, we can run any play on our wristband on day one. We do not do that, but we could if we wanted to do so. In my opinion, the utilization of our wristband system is easily the best way and most effective way to install an offense.

Balance within the system

The definition of balance within the Power Read is to utilize all eligible skill players. We want the defense to have to defend the whole field. In many years, we have had 8 – 10 guys score touchdowns, catch balls and carry the football. When defenses cannot key on one player, they have a tough time getting stops and they cannot gamble as much. Your opponent must be sound on defense or will get burned by the guy they do not respect. We have had some years where we struggled to get people to respect some of our players and the defense loaded the box. As a play caller, you need to have devised a plan to get different positions the football so they have to respect that position and it keeps the defense honest. This distribution can be done multiple ways and very efficiently. We like to consider our hot pass and quick pass game to be extensions of our running game.

The Positions

Skill Positions

Y = Tight End. Our Y needs to be a tough physical kid who blocks well, but can also catch the football.

H = Slot Receiver/ 2nd Running back. This is the smaller, scat back, Wes Welker type of guy. Ideally, this player can also play running back so you can move into a 2 back set without a personnel change.

X = Best Receiver. Weak side receiver. Go to guy. Guy you want to isolate in trips formations.

Z = Possession Receiver. Strong side receiver in base formations.

F = Best Running Back. This player needs to be willing to lead block and pass block.

Q = Quarterback.

Offensive Line

Tackles – Our Tackles stay Right or Left. They do not switch sides. These are bigger guys that need to be able to run so they can pull on certain plays, but can be less athletic than the Guards.

Guards – Our guards stay Right or Left. They do not switch sides. These can be smaller guys, but need to be able to run because they will be pulling on a lot of plays.

Center – Needs to be able to shotgun snap and block back. Also needs to be smart and able to communicate.

COACHES NOTE - We use pre-practice each day and EVERY lineman works on shotgun snapping. We will never be in a situation where we cannot get the snap because all of our linemen work on snapping the football daily.

The Formation System

The formation is a system of tags off of our base formations that are simply named Left and Right. This system is designed to use as few words as possible.

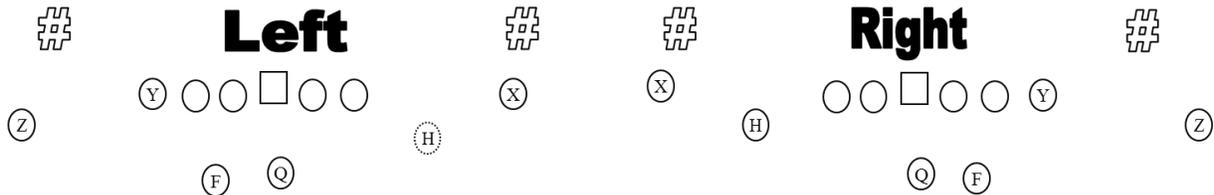
Y – To the call. Inside Receiver. ON the LOS

Z – To the call. Outside Receiver. OFF the LOS

H – Away from the call. Inside Receiver. OFF the LOS.

X – Away from the call. Outside Receiver. ON the LOS

F – Lines up according to the play unless tagged to be in a specific spot. (This is rare)

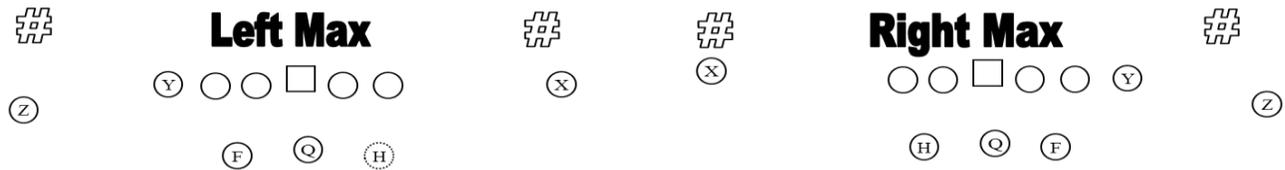


The formation system is arranged around where our Y (Tight End) and our X (Best Receiver) line up. The Y is always TO the direction call and the X is always AWAY from the direction call. The H (Slot) and the Z (Possession Receiver) are floaters when tagged, but the base rule is Z goes strong with the Y and H goes weak with the X.

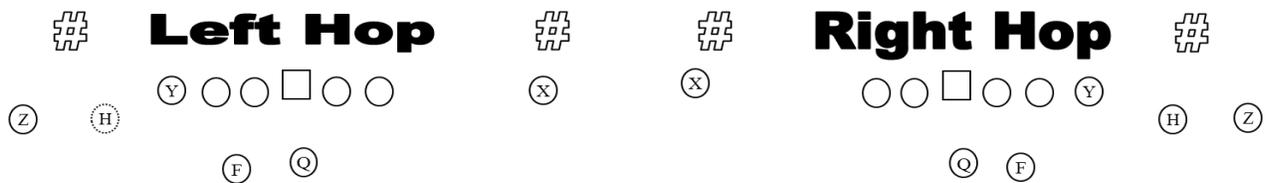
From the base Left and Right formations are a number of Tags that tell different people where to line up. Our receivers do line up on both sides due to the passing game that we run and the QB's progression reads.

Base Formation Tags for the H

MAX – This tells the H to line up in the backfield. If your H is a true receiver type of kid, you can insert a 2nd back when using a MAX set. ****THIS IS CONSIDERED THE BASE FORMATION OF THE OFFENSE****



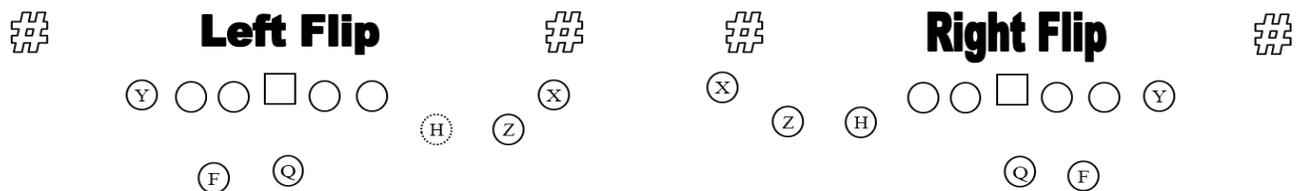
HOP – The H will line up OPPOSITE his base rule.



As you can see, everyone else lines up with normal base rules and only the H moves.

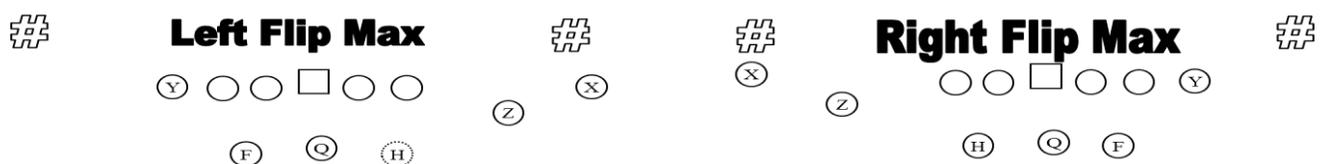
Base Formation Tags for the Z

FLIP – This tells the Z to line up OPPOSITE his base rule and INSIDE the X.



Combination of Tags

Flip Moves the Z opposite and inside the X. Max moves the H into the backfield for a 2 back set.



The Running Game

The Base run game consists of 7 running plays in order to create comprehensive attack and forces the defense to defend every hole on the field. These plays are designed to look like each other in order to create deception and conflict in the defense.

The Base plays consist of:

- Dive
- Trap
- Belly
- Counter
- Power
- Slam
- Sweep/Toss

Run Blocking Rules and Acronyms

Our blocking rules are a progression, acronym based system. This means that the player applies the rule in order and when a defender is lined up in the technique covered by the rule, the lineman stops and blocks that person.

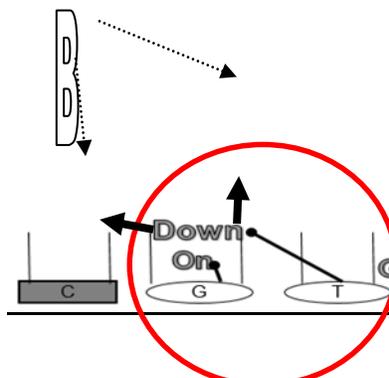
For example, the main rules of the gap scheme system is listed below:

Gap = Inside Gap – Defender is in the gap between you and your inside lineman.

On = Man on – Defender is “on” the LOS and his helmet is between the shoulder pads of the blocker. You will be the post man on the double team. **Keep eyes inside and get hips tight to down blocker.**

Outside = Outside gap – Defender is lined up between you and the lineman to your outside.

Down = Defender is “On” the first man to your inside and no further. Drive block hard to the inside. If defender slants away, DO NOT CHASE! Continue on track to the next level.



Acronyms

G.O.D. = Gap – On – Down

G = inside gap / Back Side Gap

O = man on / Covered

D = Down block

G.D.B = Gap – Down – Backer

G = inside gap/ Back Side Gap

D = down block

B = Backer

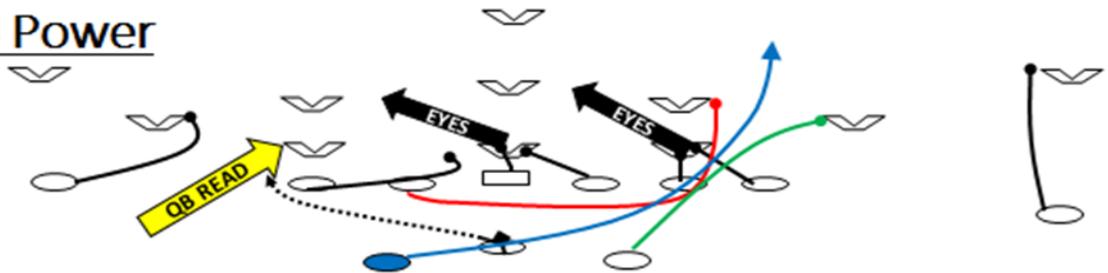
The Power Play

The power play is very similar to counter except the lead back kicks out and the guard leads onto the backer. The power is a very good change up from counter when having trouble with being chased down from the back side and also with attacking blitz heavy teams.

Keys to the play:

- Gap blocking scheme that is great against all fronts.
- Flexible on whom to block, whom to kick and whom to lead onto.
- Gives ability to outnumber the defense at the point of attack.

4 / 5 Power



Front Side Assignment	POSITION	Back Side Assignment
MOMA. Man Away is MDM from A – C	Center	
GOD	Guard	Pull & Lead onto Backer
GOD 1 st LM	Tackle	Seal to Center
GDB 1 st LM Wall	TE	TD Block Backer to Safety
Banana Cut Lead onto 1 st Ugly Outside T's block	RB	<u>BC. Take HO. Find hip of G & follow FSB through Hole</u>
Stalk MDM	IR	Stalk MDM
Zone= Stalk MDM Man=Run Off	OR	Zone= Stalk MDM Man=Run Off
QB Secure snap. Read BS EMLOS. Give to BSB. Fake Down Hill Away Play ***EMLOS Squeeze & Chase=Pull & Replace*** When in doubt, GIVE THE BALL!		

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The Passing Game

The passing game in the power spread consists of hot passes, Quick passes, sprint out pass, play action passes, screens and some drop back pass plays. From the standpoint of timing and ease, the drop pattern of the QB is different on each concept.

- Hot Pass = catch and throw. Treat the ball as if it is a “hot potato”. We tell the QB not even to find the laces. Just catch and throw to the called receiver.
- Quick pass = 0 to 1 step drop from the gun. Catch the ball, change your feet and find the laces while reading the key defender and throw the ball opposite the key defender drop.
- Drop Back passes = 3 step drop from the gun. Catch the ball. Drop and find laces with eyes on progression read.
- Sprint out pass = drop step banana roll out to call side. Full sprint with eyes on progression. Get shoulders square to the throw.
- Play Action Pass = sell fake to back. Same as sprint out from there. Take your time on fake.
- Screen = Sell 3 step drop pass with eyes down field. Throw to called receiver while fading away from contact. If he is not open, throw at feet. Do not over throw unless thrown out of bounds.

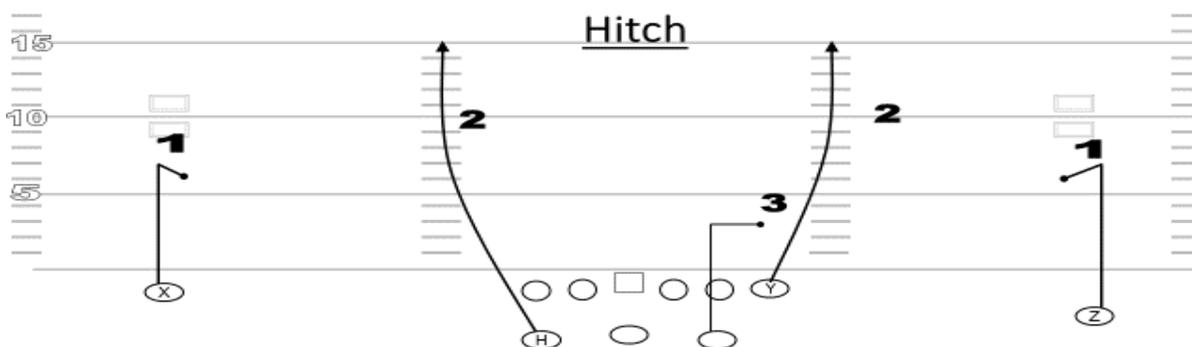
The Quick Pass

The Quick passing game is a very valuable, easy to use system that is predicated upon finding the flat defender in the defense and reading him. This is a timing based system in which the QB will catch, read and throw. The base quick pass system is hitch and seam, fade with out, and slant with arrow. These three concepts give you an attack that can be utilized to defeat what the defense is doing and give you an opportunity to attack different parts of the field. The quick pass system is also a mirrored system, which means the front side and back side run the same route combinations.

The name of the play tells the Outside #1 receiver what to do. IE. Hitch = #1 receiver running hitch, Slant = #1 receiver running Slant, etc.

Quick Pass Hitch

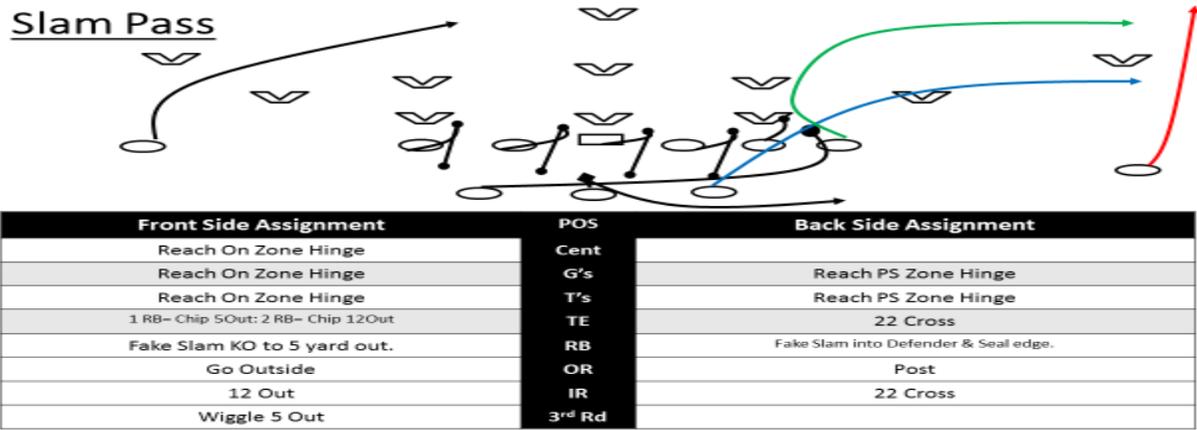
The hitch is designed to be an easy throw and catch. It is best used against loose coverage by a corner. WR needs to sell deep and then break of route and get head around.



Position	Assignment
#1	Hitch Route: 5 Steps 3 big, 2 little Burst off LOS; Sell vertical Plant, Snap, Sit @ 7 yds.
#2	Seam Route down Hash; Look for ball immediately when LB blitzes. You are HOT route.
#3	Seam Route down OPPOSITE Hash. You will cross field to do this.
FSB	Check Blitz; Check Spot. Roger or Louie Call
BSB	Check Blitz; Run Seam Route down Hash from Backfield. Roger or Louie Call
QB Read	Secure snap. 0/1 Step. Best Match-up. KEY SIDE where defense is playing Loose to LOS. Read: Z,Y,R / X,H,R

The Play Action Pass

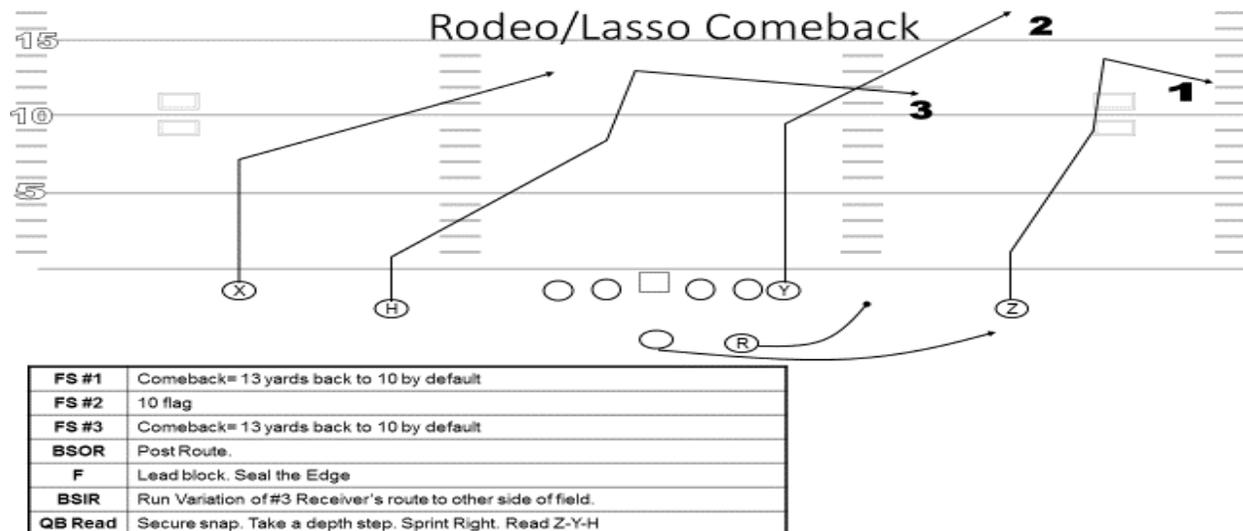
Slam pass is a great play in the power spread. It is an awesome compliment to the power run game and an easy throw and catch for the QB. The QB read is Deep to Middle to Short. A lot of the time, the QB does not have this much time and by default, we tell him we want the 5 out. This play is best run to the TE or 2 receiver side to get the true flood route, but is also good weak.



Sprint Out Pass

Comeback

The comeback is a go to 3rd down type of play it is designed to get the first down, but all Rodeo/Lasso gives the QB a run/Pass option so you can take what the defense s giving you. We will run this play on any down and it is one of the best plays in our system.



The Drop Back Pass

The drop back pass series uses mostly Air Raid Concepts and are progression reads. This basically makes the drop back game back yard football. The QB looks at his 1st read and if he's open, he throws it. If he's not open, he moves his eyes to his 2nd read. If he is not open, he moves to his 3rd read. Very rarely, if ever will the QB get to his 4th and 5th read.

We do utilize multiple run and shoot concepts as well as 4 verticals, but for the purpose of the 2 back game. These are the plays we focus on.

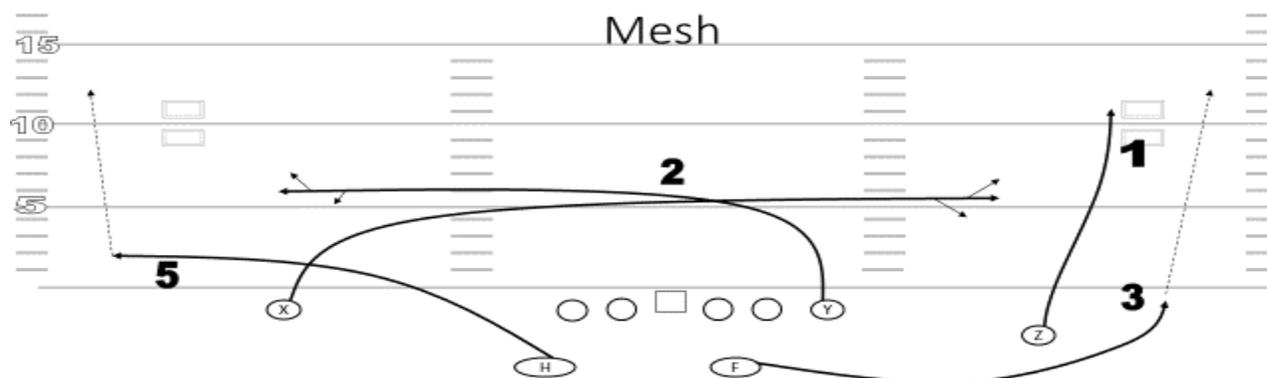
Although the passing scheme is a progression read, it is still important the QB understands coverages. I have created a PowerPoint that explains the process we use and it is available under free playbooks and is named Coverage PowerPoint.

The plays in the drop back game are:

- Mesh
- Y-Cross- Weak side flood
- Y-Sail – Strong side flood
- Curl
- Shallow

Mesh

The mesh is a great play! It is excellent on the goal line when teams like to man up. It is difficult for LB's to cover. Mesh is a good play any place on the field.



Z	Go Route. Mandatory Outside Release.
X	Mesh Route. Go underneath Y. Settle v. Zone. Run v. Man. Y's never Wrong! Look @ other Mesh to determine Man or Zone.
Y	Mesh Route. Set depth @ 6 Yards. Settle vs. Zone. Run vs. Man. Look across @ other mesh to determine Man or Zone.
F	Swing Route. Free Release. Must get width FAST!!! Stealing 2nd Base.
H	Check Blitz; Arrow Route. Depth @ 3 YDS. Free Release. Must get width fast!!!
QB	3 Step. Read: Z to Play side RB to Play side Mesh. PROGRESSION: Z,R,X,Y,H - Tags: Z – Post, H – Wheel

Hello Coach,

Thank you for your subscription to my blog. If you enjoyed the sample and are interested in getting more with complete detailed information of the base system, you can purchase the whole E-Book for the low price of \$7.95 on my products page.

The whole book includes the following:

- 45 pages of detailed information about the system.
- All base formations including no TE Sets.
- Complete explanation of the blocking rules system, acronyms, numbering and numbering system with diagrams and scenarios.
- Complete explanation of the QB read and rules with diagrams.
- All of the base run game with diagrams.
- All of the base passing game including 4 Hots, 3 Quicks, 2 Screens, 2 Play Actions and 5 drop back passes.
- The pass protection schemes with diagrams.
- Detailed explanation of the play calling system utilizing wristbands.
- And much more inside information about the system.